

Choosing a Sponsor

Every candidate will choose one sponsor. The confirmation sponsor serves as an example of faith and a personal spiritual guide for the candidate. Take some time and think about someone who you want by your side as you walk through this journey toward Confirmation.

The primary responsibility of your sponsor is to provide you with support and guidance as you prepare for Confirmation, so he or she should be someone with whom you will feel comfortable sharing responses to the questions included in the "Take 5" (next page).

The Catholic Church encourages you to consider asking one of your baptismal sponsors or godparents to also be your Confirmation Sponsor since he or she is a person already committed to taking an interest in your spiritual development and serving as a role model for you.

There are a few requirements set by the Catholic Church regarding the selection of Confirmation Sponsors:

- Sponsors must be Catholic, and have already received their First Holy Communion and the Sacrament of Confirmation.
- The sponsor must attend Mass and receive Communion regularly and lead a life of faith in keeping with the function to be taken on.
- The sponsor must be at least 16 years of age and can be of either sex.
- The sponsor cannot be the father or mother of the candidate.

If you have any difficulty in finding a sponsor, please reach out so we can provide assistance.